

Crew Rest

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
07:30–08:30		EVA timeline update / conference with ground specialist (S-band)
08:30–09:10	CDR	Maintenance of ? ? ?
09:10–09:35		LAB payload daily status check
09:10–09:20	PLT	Prep for videoconference (?-?) / <i>??? item 3.4, step 1, pages 3-5, 3-6</i>
09:20–09:35		Private videoconference with family / <i>??? item 3.4, step 2,3, pages 3-6, 3-7</i>
10:00–11:30	CDR	Physical exercise (TVIS)
10:50–11:00	FE-1	Prep for videoconference (?-?) / <i>??? item 3.4, step 1, pages 3-5, 3-6</i>
11:00–11:15		Private videoconference with family / <i>??? item 3.4, step 2,3, pages 3-6, 3-7</i>
11:30–12:30		LUNCH
12:35–12:45	FE-1	Downlink of ??? and ?? counter data
12:45–13:00		Activation of ??? in Soyuz / <i>????????? ? ????? (Ascent & Descent), item 4, page 60</i>
12:37–12:52	PLT	Private medical conference (S-band)
12:30–12:55	CDR	Review of EVA ??? procedure
12:55–13:00		Reconfiguring cable for APM ops during EVA
13:00–13:15	FE-1	Private medical conference (S-band)
13:00–13:30	CDR, PLT	Review of plan for the next day
13:15–13:30	FE-1	
13:30–13:45		Daily planning conference (S-band)
13:45–14:15		DINNER
14:13–14:28	CDR	Private family conference (S-band)
14:28–14:45		Daily food ration prep / <i>r/g</i> 2076u
14:15–14:45	FE-1, PLT	
14:45–15:45		Personal hygiene (pre-sleep)
15:45–00:15		SLEEP

Note: see OSTP for references to US activities

End of radiogram